

				,				Group	Intervention		One-to-One Comparator		
Author	Year	Country	n=	Inclusion BMI	Mean BMI (kg/m²)	Mean Age (years)	Male (%)	Interventionist	Setting	Contact (hours)	Interventionist	Setting	Contact (hours)
Appel	2011	USA	277	30-50	36.4	55	36	Weight Loss Coach	Primary care	55.3	Weight Loss Coach	Remote	11
Ash	2006	Australia	128	>27	34.0	49	29	Dietitian	Outpatients	14	Dietitian	Outpatients	NA
Heshka	2003	USA	423	27-40	33.7	45	16	Group Leader (Weight Watchers)	Community	NA	Dietitian	-	2.5
Jebb	2011	UK Australia Germany	772	30-35	31.4	48	13	Group Leader (Weight Watchers)	Community	NA	Nurse or GP	Primary care	NA
	2011	UK	540	>25	33.6	50	32	Group Leader (Weight Watchers)	Community	12	Pharmacist	Pharmacy	3.75
T 11								Group Leader (Slimming World)	Community	18	Primary Care Nurse	Primary care	3.75
Jolly								Group Leader (Rosemary Conley)	Community	18			
								Food Advisor	Community	12			
McRobbie	2016	UK	330	28-45	35.4	46	29	Psychologist	Primary care	18	Nurse	Primary care	3
Tur	2013	Spain	106	>40	46.2	48	33	Nurse	Outpatients	46.5	Dietitian & Endocrinologist	Outpatients	NA

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Appel 2011	•	•	•	•	•
Ash 2006	•	?	•	•	•
Heshka 2003	•	?	?	•	?
Jebb 2011	•	•		•	?
Jolly 2011	•	•	•	•	•
McRobbie 2016	•	•	•	•	•
Tur 2013	?	?			

Group Intervention				One-to-Or	ne Interve	ntion		Mean Difference			Mean Difference			
Study or Subgroup	Mean SD Total		Mean SD Total		Weight	IV, Random, 95% CI		IV, Random, 95% CI						
Appel 2011	-5.1	0.8	133	-4.5	0.7	139	20.2%	-0.60 [-0.78, -0.42]			•			
Ash 2006	-2.9	0.9	29	-1.8	0.8	49	19.0%	-1.10 [-1.50, -0.70]			•			
Heshka 2003	-4.3	0.4	211	-1.3	0.4	212	20.4%	-3.00 [-3.08, -2.92]			•			
Jebb 2011	-4.1	0.3	377	-1.8	0.2	395	20.5%	-2.30 [-2.34, -2.26]			•			
Jolly 2011	-1.6	8.4	400	0.1	7.9	140	9.4%	-1.70 [-3.25, -0.15]						
McRobbie 2016	-4.2	7.3	221	-2.3	6.6	109	9.3%	-1.90 [-3.47, -0.33]						
Tur 2013	-14.2	12.3	35	-0.5	11.6	36	1.3%	-13.70 [-19.26, -8.14]						
Total (95% CI)			1406			1080	100.0%	-1.92 [-2.57, -1.28]			•			
Heterogeneity: Tau² =	-20	-10		10	20									
Test for overall effect: $Z = 5.83$ (P < 0.00001)											roup Favo	ours One-to-C		